



## Sweet Potato Benedict



Entire recipe: 273 calories, 13g total fat (5g sat. fat), 755mg sodium, 15g carbs, 2g fiber, 4g sugars, 20.5g protein

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**Prep:** 5 minutes    **Cook:** 25 minutes



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### Ingredients

Two 1/4-inch-thick sweet potato slices (cut lengthwise from the center of a 10-oz. sweet potato)  
1 dash garlic powder  
1 dash onion powder  
1 dash salt  
1 dash black pepper  
1 tbsp. fat-free plain Greek yogurt  
1 tsp. light butter  
1 tsp. Dijon mustard  
1 drop lemon juice  
2 slices Canadian bacon  
1 tsp. white vinegar  
2 large eggs

### Directions

Wrap sweet potato slices in a paper towel, and place them on a microwave-safe plate. Microwave for 1 1/2 minutes.

Spray an air fryer with non-aerosol nonstick spray (or use a silicone or parchment liner).

Place potato slices in the air fryer. Spray with nonstick spray, and sprinkle with seasonings. Set air fryer to 400°F (or the nearest degree), and cook for 10 minutes.

Meanwhile, make the sauce. In a small microwave-safe bowl, combine yogurt, butter, mustard, and lemon juice. Mix until mostly uniform.

Flip potato slices, and top with Canadian bacon. Reset air fryer to 400°F, and cook for 5 minutes, or until potato slices are crisp and lightly browned and Canadian bacon is hot. Plate and cover to keep warm.

Meanwhile, fill a medium pot with 2 inches of water. Add vinegar, and bring to a boil. Reduce to a simmer. Crack 1 egg into a small shallow bowl. Gently add egg to the pot. Repeat with remaining egg. Cook until egg whites are mostly opaque, 3–4 minutes.

With a slotted spoon, carefully transfer eggs to a layer of paper towels. Once excess water has been absorbed, transfer eggs to the bacon-topped potato slices.

Microwave sauce until hot, about 20 seconds, and stir. (For a thinner sauce, add water.) Spoon sauce over eggs.

**MAKES 1 SERVING**

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